

December Activities - Urbana Senior Center

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/aging
9020 Amelung St., Frederick, MD 21704 (1st floor of the Urbana Library)

*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.
Programs may be canceled if enrollment is low. **Activities are subject to change.**

<i>Mondays 9:00-3:00</i>	<i>Tuesdays 9:00-8:00</i>	<i>Wednesdays 9:00-3:00</i>	<i>Thursdays 9:00-3:00</i>	<i>Fridays - Closed</i>
2 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	3 11:00 Exercise to Video 1:00 Stitching Post 5:30 *Dinner: Pizza 6:30 Cards/Games	4 9:30 Strength Training 9:30 Drawing/Painting Club 11:00 Exercise to Video 11:30 Avoiding the Holiday Blues 1:00 Wii Bowling	5 10:30 Dance Exercise 1:00 Rummikub 1:00 Wii Games	Register now for the National Museum of Women in the Arts Trip December 6
9 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	10 11:00 Exercise to Video 11:00 Spanish 1:00 Stitching Post 1:00 Blood Pressure 2:00 *Holiday Craft 5:30 *Dinner: Pizza 6:30 Cards/Games	11 9:30 Strength Training 9:30 Drawing/Painting Club 10:00 Mobile I&A 11:00 Exercise to Video 1:00 Wii Bowling	12 10:30 Dance Exercise 11:30 Blood Pressure Noon *Breakfast for Lunch 12:30 Ask Nurse Steve	December 6 is Mitten Tree Day Help us celebrate all month! Donate a pair (or two) of mittens (or gloves) to decorate our tree. In January we will give the mittens to a good cause.
16 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	17 11:00 Exercise to Video 1:00 Stitching Post 5:30 *Dinner: Pizza 6:30 Cards/Games	18 Center is Closed Toby's Dinner Theatre Trip	19 10:30 Dance Exercise 1:00 Holiday Movie Matinee "A Christmas Story"	
23 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games	24 Center is Closed Enjoy the holiday	25 Center is Closed Enjoy the holiday	26 Center is Closed Enjoy the holiday	December 16 is National Chocolate Covered Anything Day Stop by the center for some chocolate covered treats!
30 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	31 11:00 Exercise to Video 1:00 Stitching Post Closing at 3:00 pm	January 1 Center is Closed Enjoy the holiday	January 2 1:00 Intergenerational Movie Matinee "Willy Wonka & the Chocolate Factory" with Gene Wilder	